

# RECREATION



Concordia University, Dept. of Recreation and Athletics

February, 1996 Vol 3

## Campus Recreation "RecStars" run away at Easter Seals 24hr Relay !!

*Raise \$1400 for handicapped children*

On the warm and sunny morning of August 13, teams of bleary-eyed runners and walkers gathered for the closing ceremonies of the 7th annual Easter Seals 24 Hour Relay.

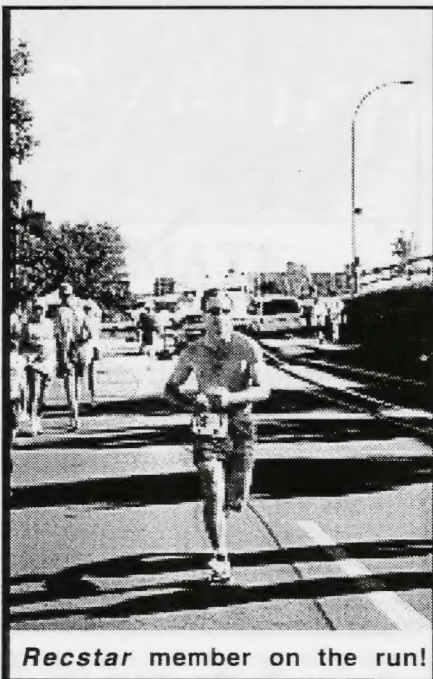
Among the dignitaries was little Tammy - condemned to the physical limitations imposed by a cruel fate-sitting snugly in her wheel chair, waiting her turn to address the throng of participants and media assembled before her.

When the time came to address the crowd, little Tammy spoke with such eloquence that her words washed away any doubts as to why we had committed our bodies to such a grueling 24-hours of running.

46 teams, composed of between 15 and 20 runners, represented the various professional, occupational, and recreational organizations across the island of Montreal, all took part in the noble goal of raising money in order to purchase equipment for the many physically challenged children like Tammy.

This year, with over 1000 participants, the Montreal chapter of the 24-hour relay raised a sum total of \$145,117 dollars while completing over 10,000 Km in the 24-hour span.

This year saw the second time that Concordia was represented in the event, with Campus Recreation staff, intramural and varsity athletes, as well as Alfred the cleaner (recently promoted to Zamboni driver) taking part in the two-day fun-filled event. The Concordia "Recstars" raised almost \$1400 through pledges and donations. This bettered last year's team which was able to raise \$674 (although the team only had six runners). The rookies did us proud as the



**Recstar member on the run!**

Concordia Recstars racked up 296Km to finish second behind an established running club, which was well stocked with human/gazelle hybrids, called the Vikings. Way to go Campus Recreation !!

In addition to the relay itself, there were many special activities staged to entertain and distract the runners from their shin splints and bunions. They included karaoke, a water dunk tank, several watermelon eating contests and a huge volleyball tournament. The Recstars not only organized and ran the volleyball tournament but walked off with top honors after defeating an over-confident police squad in the championship game. Not since the Oka crisis have the police suffered such a humiliation.

Ed. Note: Glad to say the only thing overturned on this day were several fragile police egos.

Many thanks to all the participants who gave much of their time and effort to the cause. They will no doubt inspire others to join our illustrious club, or hopefully form teams of their own. Just inquire at the Campus Recreation office nearest you. - We could use the competition!

### Accolades to:

Wayne Gaves	Mike Morrison
Mike Rinaldi	Dan Collins
Kathy Morrison	Steve Pierre
Marcela Donoso	Patricia Bondu
Scott Livingston	Joanna Brooks
Caroline Welley	Kim Barnes
Denis Pitselis	Marc Fortier
Ray Kirkwood	Rebecca Sellers
Dimitrios (Gazoo)	Manolopoulos
Alfredo (Freddy Chef)	Moutinho

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## CIHL REPORT

It is 11:30 on a cold Sunday night - a time when most people, still digesting the weekend, are under the covers resting for the long week ahead. But not the members from the Dipsticks, nor the members (my teammates) from the Belmore House -two teams from the Concordia Intramural Hockey League. It's an odd time to be lacing up the old cheese cutters but a league that is 60 teams strong can't expect to play always in a cozy prime-time slot.

- Kip Little

Kip's rundown of the CIHL appeared in a January 1987 issue of The Link. Less than four years later he was returning from the Laurentians with his girlfriend when he ran into a snowplow, killing both instantly. I'd like to recall him again, recall that tearful goodbye in the Loyola chapel, evoke him as an example of the kind of first-rate gentleman who played Concordia intramural hockey (on three different teams over a seven-year span). No, they're not all frustrated hockey stars out there hacking their unfulfilled egos out on opponents' ankles.

Kip Little may be alive only in some of our memories, the Dipsticks and the Belmore House squad may be no more (nor Peter's Dining Lounge, after 12 rich years in Div II), the numbers may have shrunk from 60 to 38 teams, but the league appears to be doing all right. At a time when players' salaries continue to inflate, the CIHL is a league with a difference: here, it's the fees that rise astronomically. Yet some of the original six are still around, chiefly the four teams in the shrunken first division, including **Ron Rappel's** Blades and **Al Palisaitis'** defending champion Whoremans. Others will recognize the perennial Bucks, headed once again by **Michael Delavergne**, and the Kings, with a new captain, **Denis Belliard** taking over from the legendary **Mike Gathercole**.

In the third division, they'll find **Denis Therrien's** Zeroes, probably the most shut out team in all hockey, and the Icebreakers, ready to take a crack at



... returning from the Laurentians with his girlfriend when he ran into a snow-plow and both died instantly.

Division III after taking Div. IV honours for two years straight.

In the revamped IVth division the Jackals have gone to the dogs, the Italian way: now known as the Arrivedarchoe Fettuccinis, they are expected to be boiling this year, even if still trying to decide on a new colour. Green for spinach seems in the works.

In division V, the Ice Picks are back, looking for another title, but after the signing of crafty forward **Elisabeth Auclair** and star goalie **Stephane Robert**, Danny Knafo's N.G.W. think they're ready to become giant killers. In addition two new additions to the CIHL, the Bulls and the Blizzard are gunning for a divisional title in their inaugural season.

## Zebra Talk

Many players who play hockey unfortunately know little about the rules that govern hockey, nor understand the role of the officials who apply them.

Most players assume that all that is required to become a referee is to purchase a pair of black pants and a zebra striped sweater and head onto the ice with whistle and attitude in tow. This however could not be further from the truth. In fact referees are required to attend National Amateur Hockey Association (NAHA) certification clinics each year. At these clinics referees are given instruction in refereeing techniques (theoretical and practical) as well as new rules and interpretations. Following this, referees are tested according to their respective levels and are then sent off to officiate in their respective zones, where they are constantly supervised and assessed throughout the season.

So the next time you feel inclined to tear a strip off of your favorite referee (which, incidently, is not tolerated well by any ref) remember that he/she has received a great deal of training in order to make that call and that nine out of ten times he/she will have made the correct call.



## BROOMBALL BLUES ?

The best-kept secret in intramural circles is the little-known sport of broomball. It is the sport with the least number of participants and, as such, not highly regarded in the traditional genre.

It is not a varsity sport, nor is it played professionally (I hear the forum will be empty soon?). With little media focus, people still cling to the old perception that it is a winter carnival sideshow. To most, it is about as popular as curling or watching your grass grow in winter, as fast a three-legged race, and as graceful as a ballernia with poor depth perception.

Nothing could be further from the cold truth. Broomball is a highly skilled sport (stop laughing!, please!). It takes years to develop an effective shot, and when played at a high level it can be creative, intense and fast-paced. Just ask the many players who have enjoyed playing broomball over the years at Concordia.

What many people fail to realize is that broomball was a highly popular intramural sport during the 1980's, reaching it's peak of 16 teams in 1987. In recent years, however, the leagues' attendance rating has been dismal, reaching an all-time low of three teams in 1995. Although the reasons for the considerable drop in popularity are varied and somewhat obscure, it is a safe bet that it will find a way to survive into the next decade. The onus will be on the present day crop of broomball faithful to pass on the love of the game to the next generation. After all, broomball does have it's rewards: it is relatively inexpensive, produces an on-ice anaerobic workout and it is a good substitute for those who have always wanted to play hockey, but have not yet mastered the difficult art of skating. Besides, most people play broomball just so they can wear the groovy broomball shoes. Hush puppies need not apply!

League play resumes in February



## ULTIMATE SUCCESS!

This fall Campus Recreation gave into demand and introduced Ultimate frisbee to the intramural line-up this fall. Ultimate is so new on campus that many students are not familiar with the sport.

Ultimate is a fast-paced, non-contact team sport played on a football field. The object of the game is to pass the disc upfield and catch it in the opposing team's end zone. Above all, the sport focuses on the "spirit of the game" which results in great sportsmanship alongside fierce competition, a combination rarely seen in sport today.

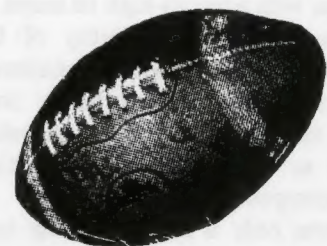
Concordia's five-team league encompassed all of these qualities. In addition, its players were treated to some spectacular fall weather. The teams were closely matched in the regular season and the playoffs were no exception, as the margin of victory was never more than two points. The finals, played in the first snowstorm of the season, saw Dragon Disc artfully work the disc upfield for the games only upwind point. The gale-force winds and blowing snow definitely played an important factor in Dragon Disc defeating favoured Boutros Boutros-Ghali 9-7 in the Championship game. Above all, the playoffs provided some great sport amongst new friends.

The league's MVP, Dominique Roy, continued to impress and entertain all with his skilful throws and cat-like style. He was largely responsible for bringing Boutros Boutros-Ghali to the finals. He often seemed to be the only player not hampered by the inclement weather.

Another highlight of Ultimate's first fledgling season at Concordia was the exhibition games, scheduled weekly against the McGill Ultimate team (MUD). These games provided an opportunity for Concordia's best to pit their skill against

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## SNOW BOWL II



**MARCH 02 - 03**

**INFO: 848-3858**



# INTRAMURAL BITS AND BYTES!

This summer saw the Concordia Intramural Softball League back in action in new surroundings (the varsity field) replete with backstop, benches and astroturf (not!). I hear the Expos are looking for a west-end site with natural turf? Claude Brochu, let's talk!

For most hockey fans at Concordia the season ended when the fluorescent lights of Loyola arena were turned off in early April. Little did people know that the darkness that encompassed the ice rink below held a much greater secret. The memory of a summer filled with graceful strides and comforting sounds of play that only comes from a hockey game. Summer '95 saw the introduction of North America's fastest growing sport to the Loyola Arena, yes, Roller Hockey finally made it to Concordia. The Inaugural season saw eight teams participate in an end to end frenzy of action every Monday night.

Controversy marked the fourth season of the fall Touch Football League, as Powergulls quarterback, Joey Cardi -last year's MVP defected to arch-nemesis Slippery When Wet, due to contractual problems with Powergulls team captain Mike Rinaldi. The news sent shockwaves throughout football circles, resulting in the permanent break-up of the Powergulls (the remnants of the Powergulls can still be seen on Sundays in the parking lot of Orange Gibeau). The '94 championship would be the Powergulls' first and last...

On a more positive note, the Touch Football League rebounded from the off-season controversy to open the '95 campaign with a record-high 16 teams.

Due to the unavailability of U.N. peacekeeping troops (other commitments elsewhere, ya know!), the Indoor Soccer league decided to offer a recreational division as an alternative to the highly intense competitive division.

It was only a matter of time before McGill's monopoly on Ultimate in Montreal would come to an end. This fall



saw the emergence of a six-team league taking to the Loyola field every Saturday morning. Apparently overall fitness is up in the NDG area on Saturday mornings, but Neilson ratings for the Power Rangers are down!

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the Canadian University Ultimate semi-finalists. With the help of some experienced alumni players, Concordia had the edge in the series. Worth noting are the promising new players who surfaced during the season at Concordia. Thank you Concordia Ski Team! The great response Campus Recreation gave Ultimate will certainly help efforts to field a team for next year's National Championship.

Concordia did manage to field a team for the annual Kingston Halloween Tournament. Concordia displayed great heart and determination in beating some experienced teams to make it to the semi-finals. Excellent team play and even better team partying made for a memorable weekend for all.

Thanks goes out to everyone at campus Recreation for their great help in making Ultimates debut at Concordia a successful one. Ultimate is considered to be the worlds fastest growing team sport and everything indicates that Concordia Ultimate will continue to grow and enjoy greater success next year. Watch for it at a field near you!

## RECREATUS

February, 1996  
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Please send us your comments and suggestions. If there are any happenings or events you would like the recreation community to know about, give us a shout. We would love to hear from you.